

LACDMH PARTNERS WITH CSUN FOR 5TH ANNUAL SUICIDE PREVENTION SUMMIT

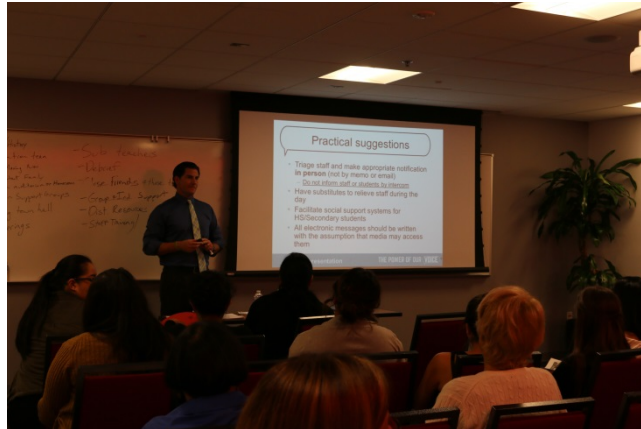
By Kimberli Washington, Public Information Office



The Los Angeles County Department of Mental Health (LACDMH) Suicide Prevention Network partnered with California State University Northridge (CSUN) for the 5th annual Suicide Prevention Summit at the CSUN University Student Union on Tuesday, October 27, 2015. The 2015 summit's theme was *The Power of Voice: Hope, Help and Healing for College and High School Students*. The one-day summit's goal was to raise awareness about suicide prevention, stigma, mental health and resources available for students and the community.



The conference began with welcoming and opening remarks from LACDMH District Chief Sam Chan. The morning keynote presenter was Stan Collins, a consultant for CalMHSA's suicide prevention curriculum and strategies. He spoke on the topic of *The Hero in Each of Us: Finding your Place in Suicide Prevention*. The afternoon keynote speakers were Dese'rae L Stage who created and spoke about the suicide attempt survivors project titled *Living Through This*; and Dr. Aron Steward, a leader in the vicarious trauma prevention and intervention field, who spoke about *Fostering Resiliency among High School and College Students*.



There were two groups of seven breakout sessions throughout the day. The presentations focused on the topics of *After a Suicide: Postvention is Prevention*; *Education and Programs for Teens and Young Adults*; *Sharing Stories: The Power of Lived Experience*; *Social and Interactive Media*; *Trauma and Loss in the Helping Profession: Caring for Yourself While Caring for Others*; *Finding Our Voice – Preventing Suicide in LGBTQ Youth*; and *Policies and Procedures that Promote Mental Health and Prevent Suicide*.



The summit also offered different resource tables, a media lounge, musical performance by Acasola, and an art activity by the Painted Brain at the CSUN University Student Union's plaza.

